

Highlight


**IMPACT OF COVID-19 PANDEMIC ON FOOD
NEOPHOBIA IN CHILDREN**
Annalisa Di Nucci


The results of a recent work showed increased vegetable consumption among children who were involved in meal preparation during the period of social restrictions due to the COVID-19 pandemic or who shared more family meals. These data confirm the importance of these tools in increasing vegetable consumption in the pediatric population and reducing neophobia toward them.

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Focus on


**ITALIAN FOOD COMPOSITION TABLES: FOOD
WEIGHT VARIATION WITH COOKING**
Silvia Lisciani


As is well known, foods can undergo a decrease or increase in weight during the cooking process, due to the loss or absorption of water or fat with a consequent variation in the concentration of other nutrients. The change in weight can be expressed through a weight variation index, or Yield Factor, obtained from the ratio of the weight of the product measured after and before cooking. The Italian Food Composition Tables include a section dedicated to the weight variation factors of some products commonly used in our country upon various heat treatments. A recent publication reported the procedure underlying the update of this appendix, which over the years has been enriched with new entries, becoming a reference tool for nutritionists and researchers.

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News from literature


**Does consumption of fermented foods
modify the human gut microbiota?**
Monica Dinu


The results of a critical review of the literature suggest that foods fermented with lactic acid bacteria, *Saccharomyces* yeasts and *Bifidobacteria* spp. are a potential aid in preventing gut dysbiosis

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**Mediterranean Diet
and sleep quality**
Alice Fognani


Italian researchers surveyed the scientific literature concerning the current state of evidence regarding epidemiological studies about the impact of the Mediterranean Diet on sleep quality. Final results demonstrate an interesting correlation between adherence to the Med Diet and sleep quality

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**Evaluation of the Nutritional Status
of Gaucher Disease Type I Patients
under Enzyme Replacement Treatment**
Paola Iaccarino Idelson, Antonio Barbato


Gaucher disease (GD) is a rare lysosomal storage disease. The few studies analyzing Resting Energy Expenditure (REE) in GD involved mainly untreated patients and suggested a hypermetabolic condition possibly due to the associated inflammatory state. Definitive conclusions, though, could not be drawn also because of the heterogeneity and the small size of the samples investigated. In order to expand current knowledge concerning in particular the condition of patients under Enzyme Replacement Therapy (ERT), we evaluated the nutritional status of a relatively large sample of GD patients followed at Federico II University Hospital in Naples, Italy.

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